

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01151, Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Report Date: December 05, 2015 18:23 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Proximates						
Water 1	g	90.84	12	0.032	222.56	890.23
Energy	kcal	34	--	--	83	333
Energy	kJ	142	--	--	348	1392
Protein 1	g	3.37	12	0.032	8.26	33.03
Total lipid (fat) 1	g	0.08	12	0.009	0.20	0.78
Ash 1	g	0.75	12	0.006	1.84	7.35
Carbohydrate, by difference	g	4.96	--	--	12.15	48.61
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total 1	g	5.09	12	0.048	12.47	49.88
Sucrose 1	g	0.00	12	0.000	0.00	0.00
Glucose (dextrose) 1	g	0.00	12	0.000	0.00	0.00
Fructose 1	g	0.00	12	0.000	0.00	0.00
Lactose 1	g	5.09	12	0.048	12.47	49.88
Maltose 1	g	0.00	12	0.000	0.00	0.00
Galactose 1	g	0.00	12	0.000	0.00	0.00
Minerals						
Calcium, Ca 2 3 4 5	mg	122	4	0.946	299	1196
Iron, Fe 2 3 4 5	mg	0.03	4	0.003	0.07	0.29
Magnesium, Mg 1 6 7 8 9 10 11 12	mg	11	41	0.071	27	108
Phosphorus, P 1 6 7 8 9 10 11 12	mg	101	39	0.424	247	990
Potassium, K 1 6 7 8 9 10 11 12	mg	156	26	0.764	382	1529
Sodium, Na 1 6 7 8 9 10 11 12	mg	42	40	0.421	103	412
Zinc, Zn 1 6 7 8 9 10 11 12	mg	0.42	27	0.003	1.03	4.12

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Copper, Cu 1	mg	0.013	24	0.000	0.032	0.127
Manganese, Mn 1	mg	0.003	12	0.000	0.007	0.029
Selenium, Se 1	µg	3.1	11	0.260	7.6	30.4
Fluoride, F 1	µg	3.1	5	0.055	7.6	30.4
Vitamins						
Vitamin C, total ascorbic acid 1	mg	0.0	4	0.000	0.0	0.0
Thiamin 1	mg	0.045	12	0.004	0.110	0.441
Riboflavin 1	mg	0.182	12	0.004	0.446	1.784
Niacin 1	mg	0.094	12	0.004	0.230	0.921
Pantothenic acid 1	mg	0.357	4	0.005	0.875	3.499
Vitamin B-6 1	mg	0.037	12	0.001	0.091	0.363
Folate, total 1	µg	5	10	0.000	12	49
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	10	0.000	12	49
Folate, DFE	µg	5	--	--	12	49
Choline, total 1	mg	15.6	--	--	38.2	152.9
Betaine 1	mg	1.9	1	--	4.7	18.6
Vitamin B-12 2 3 4 5	µg	0.50	4	0.069	1.22	4.90
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	20
Retinol	µg	1	--	--	2	10
Carotene, beta	µg	7	--	--	17	69
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	15	--	--	37	147
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) 1	mg	0.01	12	0.002	0.02	0.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 1	mg	0.00	12	0.000	0.00	0.00
Tocopherol, gamma 1	mg	0.00	12	0.000	0.00	0.00
Tocopherol, delta 1	mg	0.00	12	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 1	µg	0.0	4	0.000	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.051	--	--	0.125	0.500
4:0	g	0.004	--	--	0.010	0.039
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.001	--	--	0.002	0.010
10:0	g	0.002	--	--	0.005	0.020
12:0	g	0.001	--	--	0.002	0.010
14:0	g	0.008	--	--	0.020	0.078
16:0	g	0.025	--	--	0.061	0.245
18:0	g	0.009	--	--	0.022	0.088
Fatty acids, total monounsaturated	g	0.021	--	--	0.051	0.206
16:1 undifferentiated	g	0.003	--	--	0.007	0.029
18:1 undifferentiated	g	0.018	--	--	0.044	0.176
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.003	--	--	0.007	0.029
18:2 undifferentiated	g	0.002	--	--	0.005	0.020
18:3 undifferentiated	g	0.001	--	--	0.002	0.010
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	2	--	--	5	20
Amino Acids						
Tryptophan 2 3 4 5	g	0.043	--	--	0.105	0.421
Threonine 2 3 4 5	g	0.144	--	--	0.353	1.411
Isoleucine 2 3 4 5	g	0.174	--	--	0.426	1.705
Leucine 2 3 4 5	g	0.319	--	--	0.782	3.126
Lysine 2 3 4 5	g	0.282	--	--	0.691	2.764

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Methionine 2 3 4 5	g	0.088	--	--	0.216	0.862
Cystine 2 3 4 5	g	0.021	--	--	0.051	0.206
Phenylalanine 2 3 4 5	g	0.175	--	--	0.429	1.715
Tyrosine 2 3 4 5	g	0.170	--	--	0.417	1.666
Valine 2 3 4 5	g	0.221	--	--	0.541	2.166
Arginine 2 3 4 5	g	0.096	--	--	0.235	0.941
Histidine 2 3 4 5	g	0.102	--	--	0.250	1.000
Alanine 2 3 4 5	g	0.114	--	--	0.279	1.117
Aspartic acid 2 3 4 5	g	0.288	--	--	0.706	2.822
Glutamic acid 2 3 4 5	g	0.757	--	--	1.855	7.419
Glycine 2 3 4 5	g	0.067	--	--	0.164	0.657
Proline 2 3 4 5	g	0.332	--	--	0.813	3.254
Serine 2 3 4 5	g	0.203	--	--	0.497	1.989
Hydroxyproline 1	g	0.000	4	0.000	0.000	0.000
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

- ¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD
- ²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD
- ³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD
- ⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD
- ⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD
- ⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
- ⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
- ⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
- ⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991
- ¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992
- ¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993
- ¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994